

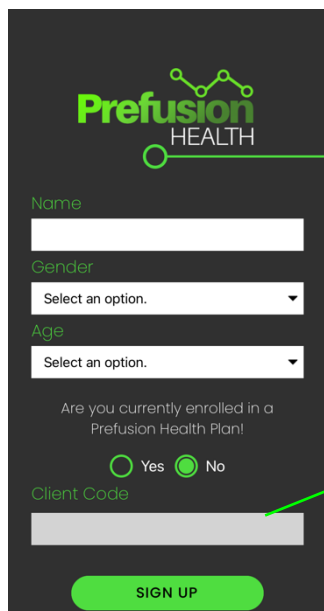
Welcome to the Prefusion Health App! Our app is designed to track your daily nutrition intake and bio-feedback in order to optimize your health! Our chat feature provides access to a team of Registered Dietitians, ready to answer any questions related to your nutrition intake and to help you achieve your health goals!

App User Types

Prefusion Clients – Are enrolled in one of our comprehensive Health Plans, click on the following link to learn more! [Learn more](#)

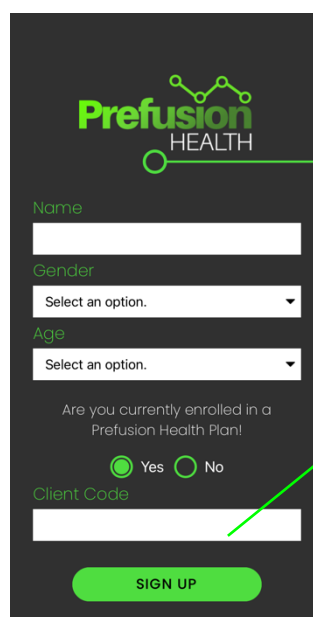
General Users – General users will forgo entering a code and will have more app options to control their nutrition intake.

Prefusion Client Users (with Client Code)



Client Code are for Prefusion Clients who are actively involved in one of our more comprehensive Prefusion Health Programs. Click here to learn more!

General Users



If you are not actively enrolled in a Prefusion Health Plan, select “No” and you will be advanced to the next screen

Calculation of your daily Buckets:

Prefusion Health Clients:

If you are enrolled in one of our Health Plans, your daily bucket allocation will be determined by our team and adjusted periodically based on your goals as you proceed through the program with us!

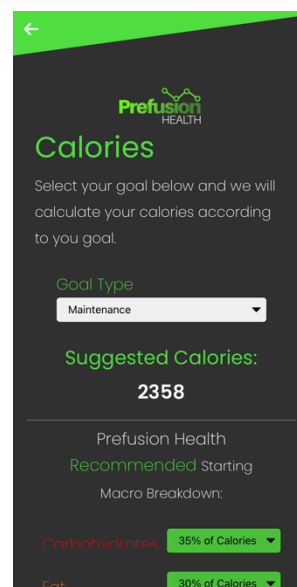
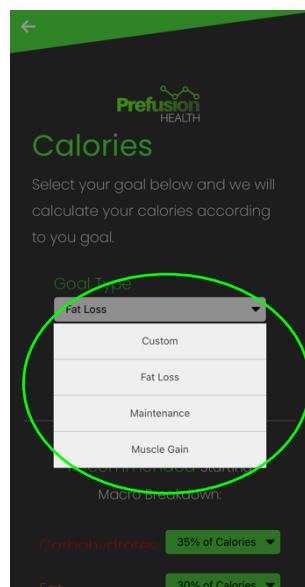
Step 1: Calculating your RMR (General Users)

Your RMR (Resting Metabolic Rate) accounts for anywhere from 65-70% of your daily intake. Your RMR calculation is an important element of figuring out how much to consume each day based on your goals. Our App will calculate your RMR when you enter your gender, height and weight. We recommend updating your weight every 3-4 months, as your RMR takes time to adjust with any body composition, training or lifestyle changes that take place.

Selecting your **Goal Type** offers 3 categories of goals to select:

- **Fat Loss**
- **Maintenance**
- **Weight Gain**

You can also select “Custom” allowing you to utilize your own calorie goal.



Step 2: Select your macronutrient percentages

The percentages highlighted **green** are Prefusion Health's suggested starting macronutrient percentages. These are the percentages of calories that will be consumed from each macronutrient to hit your daily calorie goal.

←

Prefusion
HEALTH

Maintenance

Suggested Calories:
2358

Prefusion Health
Recommended Starting
Macro Breakdown:

Carbohydrates 35% of Calories ▼

Fat 30% of Calories ▼

Protein 35% of Calories ▼

Water 50% of BodyWeight

CONTINUE

←

Prefusion
HEALTH

Maintenance

Suggested Calories:
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Recommended Starting
Macro Breakdown:

Carbohydrates 35% of Calories ▼

Fat 30% of Calories ▼

Protein 35% of Calories ▼

Water 50% of BodyWeight

CONTINUE

5% of Calories

10% of Calories

15% of Calories

20% of Calories

25% of Calories

30% of Calories

35% of Calories

Prefusion Health Tracking System

Bucket System

Single Bucket Serving Size

Your daily bucket allocation will be generated once you select your **Goal Type** and macronutrient percentages. Buckets represent a specific amount of each macronutrient, as follows:

Carbohydrate Bucket	20 grams
Fat Bucket	10 grams
Protein Bucket	20 grams



CARBOHYDRATES

example serving sizes

1 serving = 20 grams (approx.)

1 Cup Fruit or Medium Fruit 	1/2 Cup Oats (measured dry)
4 ounces Sweet Potato 	1/2 Cup Cooked Quinoa

FATS

example serving sizes

1 serving = 10 grams (approx.)

1 Tbsp Nut Butter 	1/2 Avocado
15-20 Almonds 	1 Tbsp Olive Oil

PROTEIN

example serving sizes

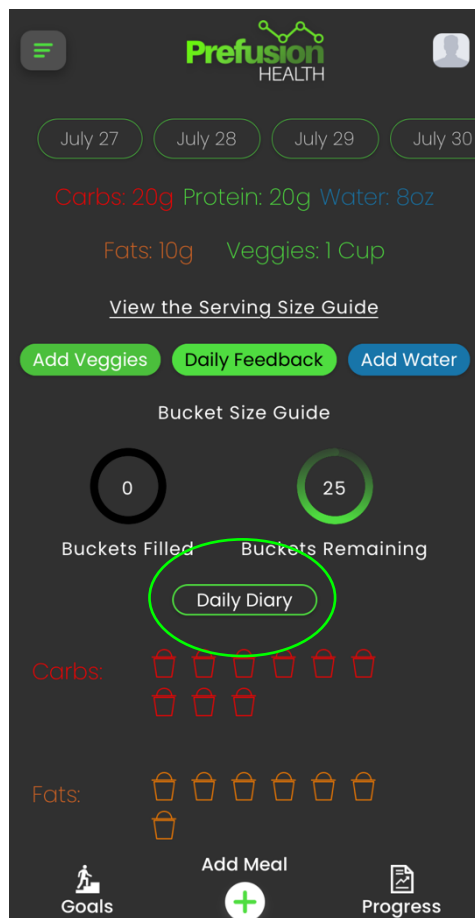
1 serving = 20 grams (approx.)

4 Ounces Chicken 	1-2 Scoops Protein Powder
4-5 Egg Whites or 6 ounces 	6 Ounces Greek Yogurt

In the following example, there are 9 Carbohydrates buckets, which equals 180 grams total for the day ($20 \times 9 = 180$). Your daily goal would be to consume 9 buckets of Carbohydrates to fill up your carbohydrate buckets each day. As you enter your food in your **Daily Diary** you will see the buckets fill up for each macronutrient category.

Daily Bucket Overview

You will see your daily bucket allocation on the home screen whenever you open the app.



Entering Meals

When entering a meal, you will select **Daily Diary** which will navigate you to new screen. In this area of the app, you can log any meal you consume throughout the day.

First you must select from any of the 3 options to log any meal:

Option 1- Favorite Meals: These are meals you created in the past and saved as a Favorite Meal. If you find yourself eating the same meals often, this is a great feature to utilize for easy entries.

Option 2 - Custom Meals: This will be used often whenever you are creating a new meal. When selecting **Custom Meals**, you will then select from 6 pre-set meal names (Breakfast, Snack, Lunch, Dinner, Pre-Workout and Post workout) or you can create a custom meal name as well.

← Prefusion HEALTH

New Meal

Enter a new custom meal by searching for food, or select one of your pre-saved Favorite Meals.

Select Meal Type:

☐ Favorite Meals

☒ Custom Meal

☐ Take a photo of My Food

Name This Meal

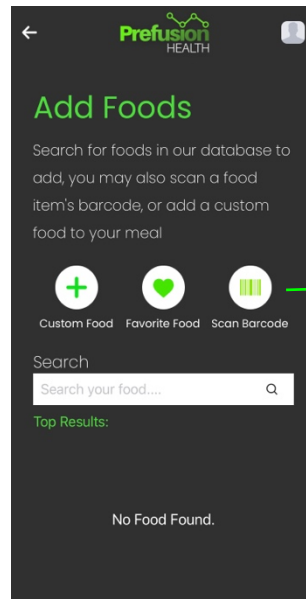
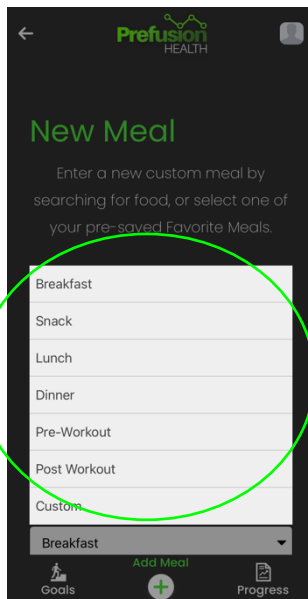
Breakfast

Goals Add Meal Progress

Option 3 - Take a photo of My Food: This feature is used when you have a meal you can't figure out the content of the meal. This feature can often be used at restaurants or outside your home. Our health professionals can help determine the estimated composition of most meals using this option.

Custom Meal Option

When you select **Custom Meals**, you will select the meal option (Breakfast, Lunch, etc) and then click Continue. This will navigate you to a screen where you can begin selecting how you'd like to enter items from the meal you consumed or going to consume.



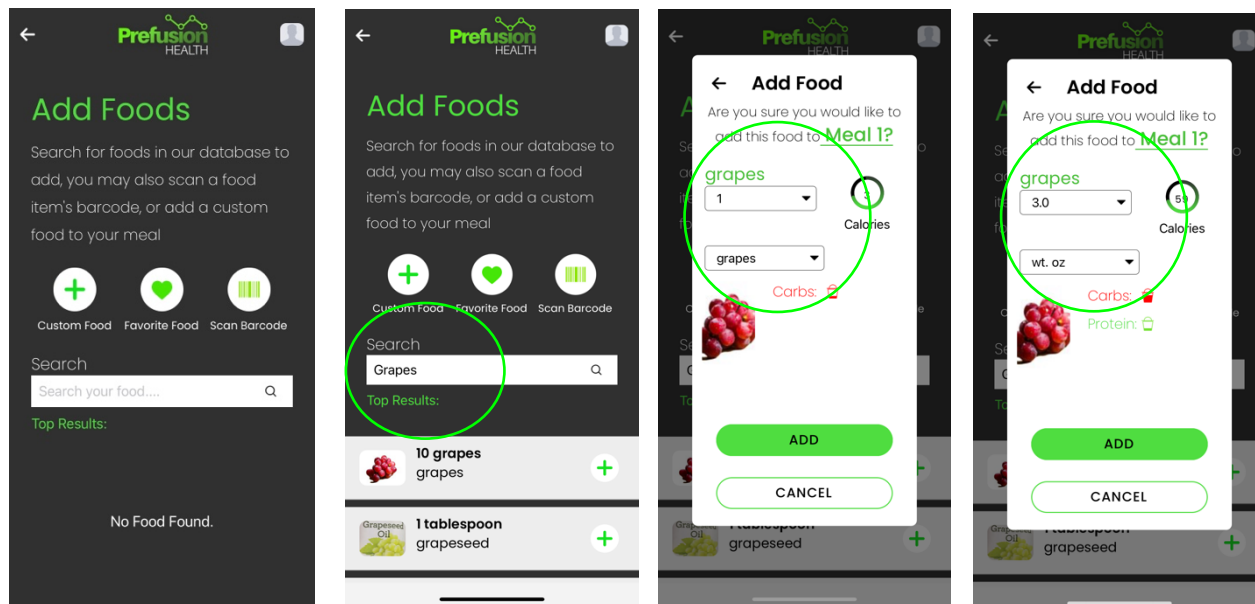
This screen will allow you to enter food using 4 different selection criteria

- Custom Food
- Favorite Foods
- Scan Barcode
- Using Search Feature

Entry Option #1 - Search for food using the search bar:

Here you can search for any food item. After entering the food item in the search bar click the search icon and a list will appear with a number of options that closely match your search, be specific as possible when searching. Once the item you see appears, select the item and a preset amount will show (example below preset is 1 grape).

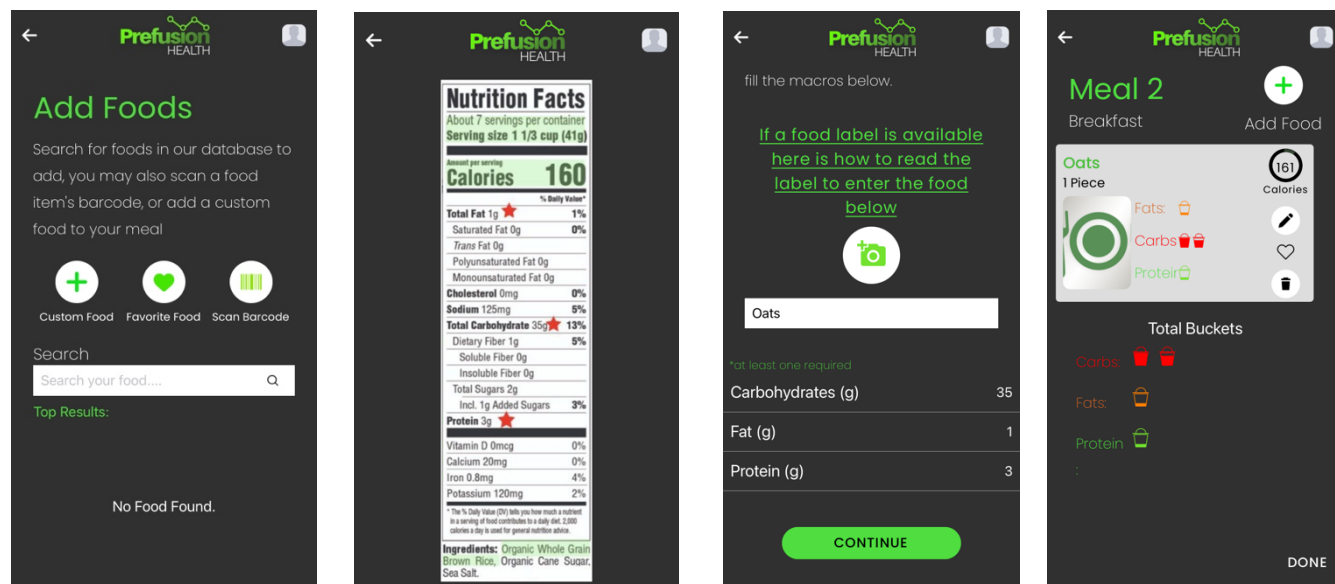
You can then adjust the quantity or measurement criteria for this food item (choose 10 grapes or 50 grams or 3 ounces). Any of the selection will show you the total buckets and calories of that food item and quantity being measured.



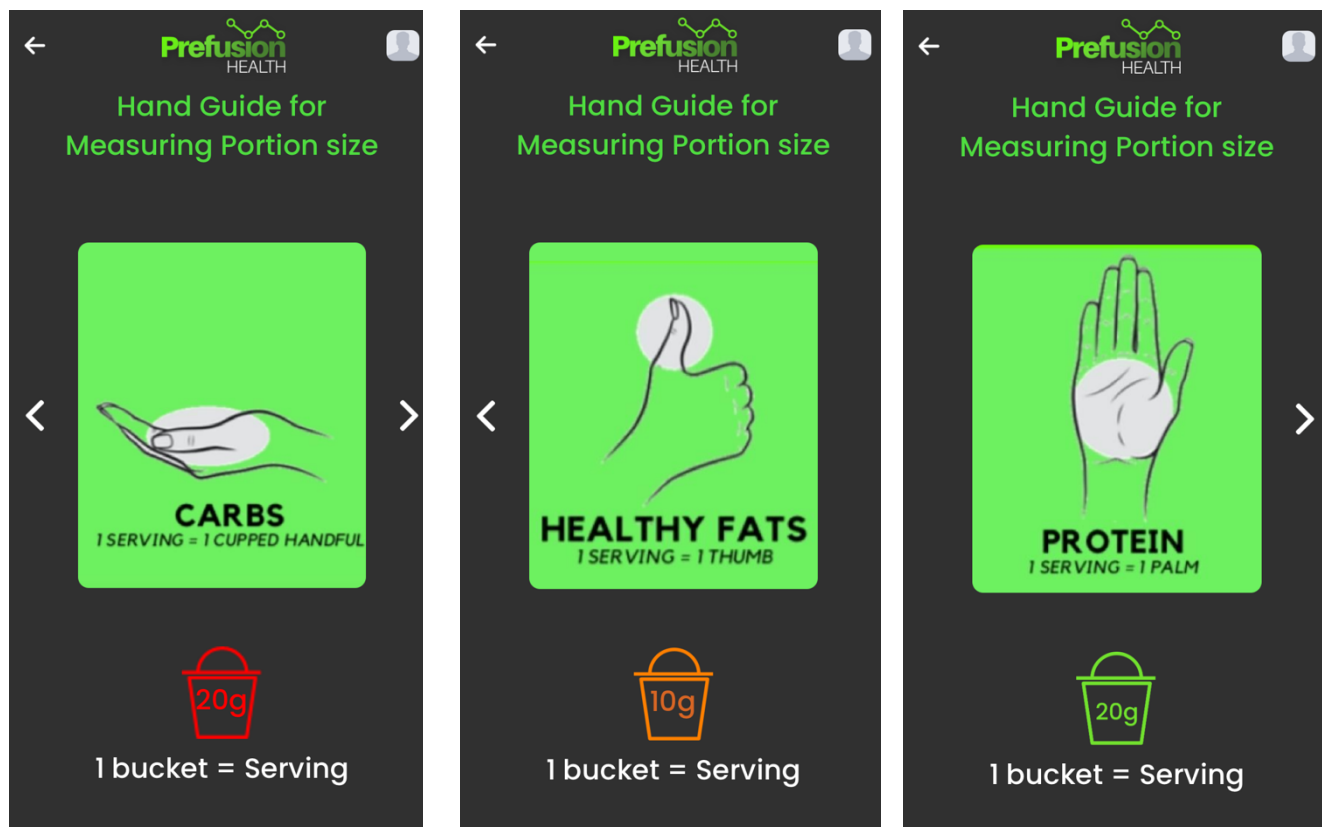
Entry Option #2 - Custom Food Entry:

Here you will enter the specific quantity of macronutrients which can be derived from either looking at the *food label* or using the *hand guide* and entering the approximate macronutrient quantity.

Using a Food Label



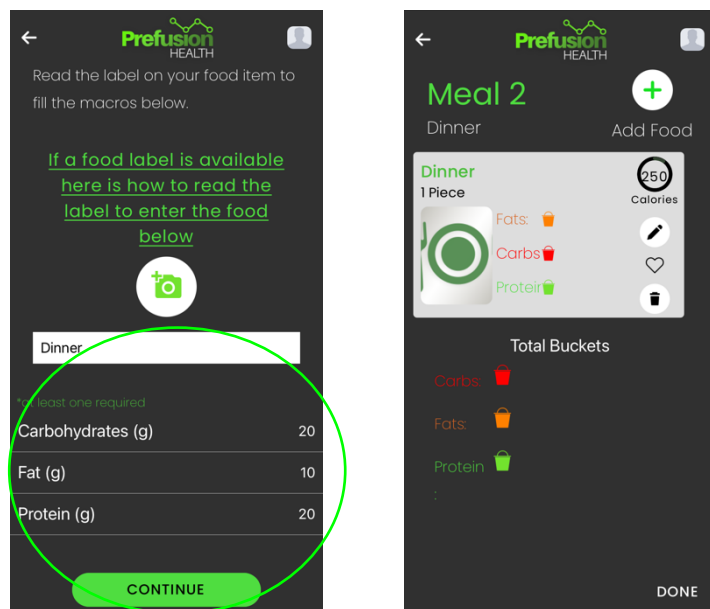
Using the Hand Guide



Carbohydrate = Sweet Potato (size is equivalent to a cupped handful) → 1 Bucket

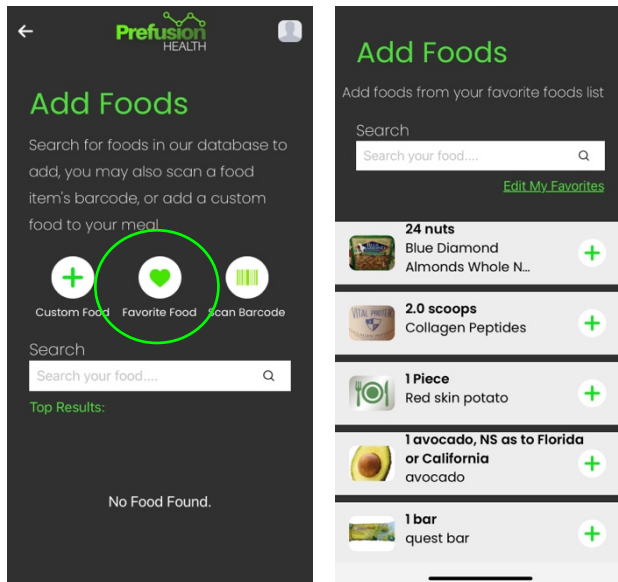
Fat = $\frac{1}{2}$ a small Avocado (size is equivalent to about a thumb portion size) → 1 Bucket

Protein = Grilled Chicken Breast (size equivalent to a palm) → 1 Bucket



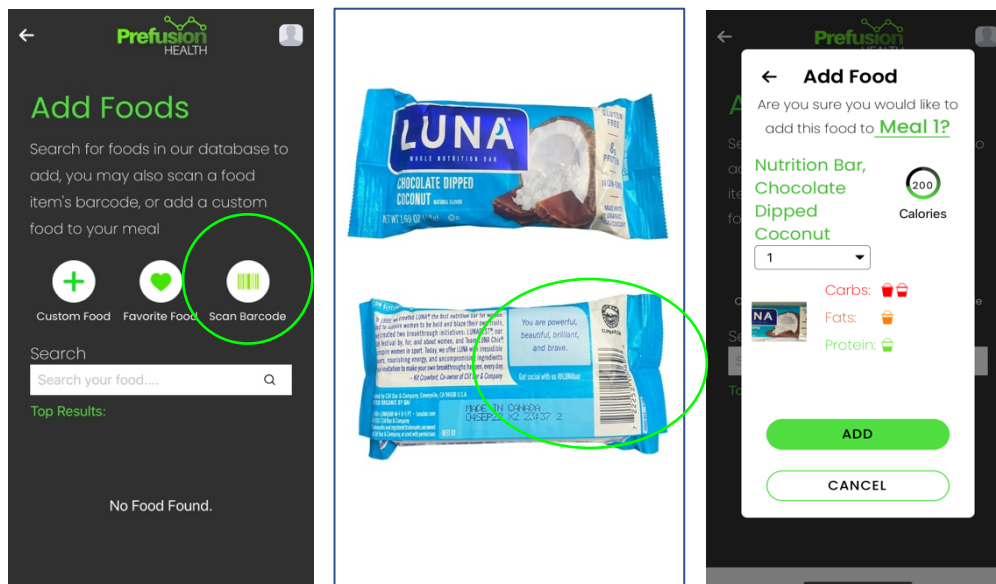
Entry Option #3 – Using the “Favorite Foods” icon:

Select the **Favorites Foods** icon and choose any of the items you saved as favorites in the past



Entry Option #4 – Using the “Scan Bar Code” icon:

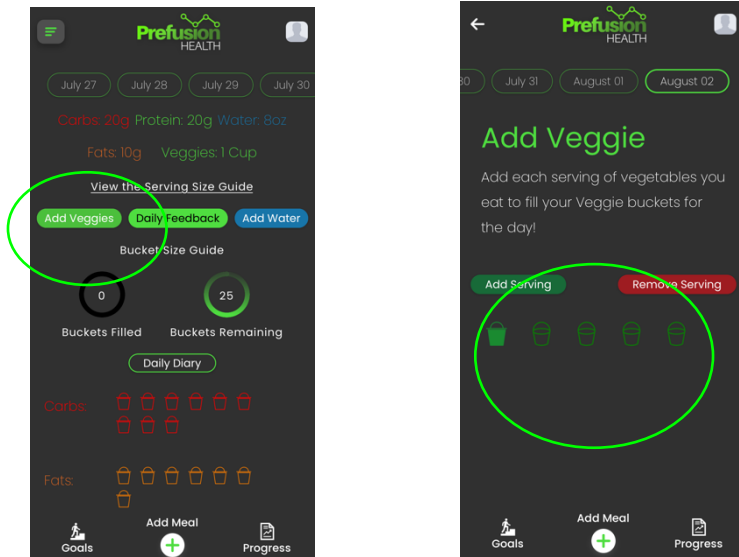
Select the **Scan Barcode** icon, point the camera towards the barcode and the food item you are scanning will appear for you to add the item to any meal.



Veggies and Water Tracking

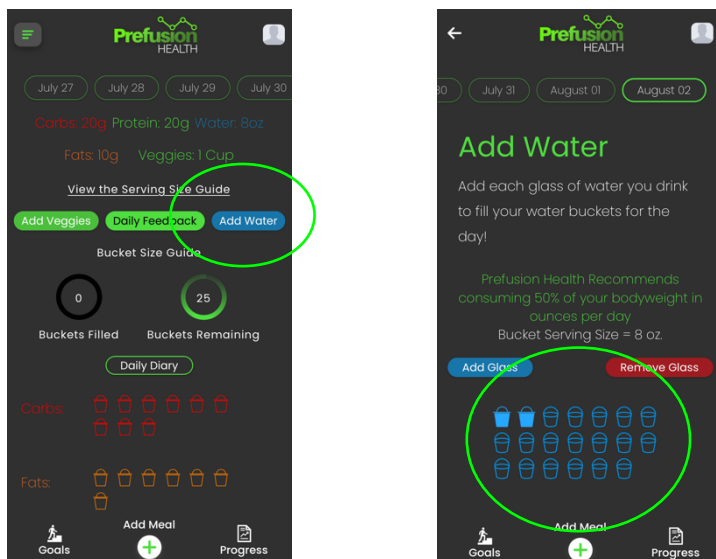
Tracking Veggies

At Prefusion Health, we focus on green veggies as their own category and try not to count these towards our Bucket entries. Count veggies separately by tracking them by clicking on veggies and entering your 1 cup serving.



Tracking Water

Track your daily water intake, logging your water for each 8 ounce serving you consume.



Going Over Your daily Bucket Allocation

When you exceed the number of buckets in any category, you will see a grey bucket pop-up indicating that you have surpassed your daily bucket allocation. These grey buckets will not count towards your “Buckets Filled” or “Buckets Remaining” categories. The grey overage buckets will however be counted in your total calorie intake.

